Meditations

Words weaken consciousness, silence supports it. Silence clears the perceptive shell (body) from thought allowing beingness to be expressed.

All meditations at this point can be summarized as follows: **Be still**.

Seated or standing, stillness opens the path to feel every heartbeat which will then allow for the observation of vibrations of the Self (the primary and only goal).

Additional supportive imagery for meditations

Conscious awareness of subconscious living.

Inner altar (inner ear, tongue, inner vibrations along spine, fontanelle flex).

Observation of nothing (or no thing) in particular (also meaning everything at once). Clear thoughts not through destruction, not through a breaking out, but merely by a quiet melting in.

Life Guides

- Fearlessness
- Guiltlessness
- Quietness
- Stillness

Levels of Perception

Illusory
- Perception: Past / Imaginative Future
- Focus: Outer (thoughts)
- Stage: Reaction to sensory data using previously learned material.
- Method of focus: Non-conscious actions, mind occupied with thoughts.
- Level of consciousness: Subconsciously living

Individualised
- Perception: Present (with the heart as source of vibrations)
- Focus: Surface (senses / feelings)
- Stage: Creation. Reception of physical reality data through senses.
- Method of focus: Awareness, body is point of focus.
- Level of consciousness: Consciously living

Collective
- Perception: Future (visualize next chain of events for body)
- Focus: Inner
- Stage: Perception; perceiving precedes reception of sensory information
- Method of focus: Beingness
- Level of consciousness: Superconscious and Supraconscious

Decider

The mind is the decider of experience, the self is the decider of reality.

1. Thought creation by self
2. Additional thought distortions added on by mind (using past) and body (using senses)
3. Action dictated by the mind's state of being, the perceiving state prior to receiving the information. The state of being will be reflected in emotions / feelings at any given point in time. This state will impact the perception of information by the body (if focus is on the present) as well as resulting thoughts in the mind (if focus is on past / future).
4. Script for underlying emotion / feeling will follow.

One Mind, One Self, One Body

Observation of the species needs to be done at the collective and not individual level. There is only one mind, self and body; however the ego perceives many bodies within that larger body. The behavioral balance between self and ego (which the mind consciously or unconsciously decides) for the individual is a smaller part than that of the larger species. It is important to take from this that because there is only one mind, there is also only one ego that captures many bodies. The body is the illusory symbol of separation, it maintains the focus on the past and future which hides the present. Reversal of this will entail the self relinquishing the mind from the illusory ego bodies.

Dismiss illusions of others the same way you do with your own thoughts (all one mind). Simply visualize them laughing and healthy as it is impossible for one part of the perfect mind to be sick. The level of effectiveness here is directly correlated to level of consciousness. Any person that is focused on will result in thoughts arising for that aspect of you, this is how to heal by dismissing illusions of non perfection. Group thinking also impacted in the same manner. Take pleasure in swatting away negative thoughts based out of fear; this is not exhausting but pleasurable due to the joy it is spreading.

'Cleaning of sin' or 'healing' are phrases denoting removal of any thoughts of imperfection (i.e. distortions of the ego). This applies to all our self; in which individuals with higher level consciousness are better able to positively direct the flow of group consciousness.

Seek not to change the world, but choose to change your mind about the world. Life is a mental adventure and not a physical journey.

Useful notes

Not in control, hence no guilt. Emotion directs the body to predetermined paths of experience, you are the director but not the actor.

Direction set by	Emotions (only this can be controlled with the mind)
Reactionary path set by	Ego (result of emotionally driven volatile directions)
Actionary path set by	Self (result of stable direction / emotions)

Observing one's own body separately restrains impulsive reaction by their ego, allowing room for response by larger self.

People of like mind will gravitate towards individuals with higher consciousness; this in turn will expand the energy pull which attracts even larger numbers of the like minded.

Always keep focus on emotions, only part of the process under your control.

Treat myself better through everyone else.

The emotional content of the outer world is always a projection of the inner consciousness beholding it.

You only make anything real when you think but avoid focusing on it. Nothing is real; this is demonstrable with prolonged focus on a single object in which constructed reality through subconscious filters will fade away and true reality will be revealed. Focus on no thing to observe true reality or focus on a single point to alter personal reality (such as raising energy by focusing on the crown of the head). Focusing on the heart, the source of vibrational projections, is therefore suggested for those curious.

All you have to do is observe and be grateful. Maktoob, just observe the illusions you created and maximize (enjoy the ride!). Body makes the mind think all is real, focusing on the vibrations of the self will re-mind.

Everything happening right now: visualize countless selves filling every sequential part of total life span called '---'s life. Time does not move but rather consciousness is moving through projected bodies.

Either choose time or bliss. You have this choice every single second, if you attain full awareness in the present moment for just a single second heaven's location will be known to you.

You are teaching (if positively then healing) in every moment by simply being. Keep aiding other cells in the global body to turn the tide of global consciousness. One thought at a time.

Appreciate everything (expand that part of the truth).

At one moment is not on you, take it easy and enjoy the process.

Belief that you can be hurt by anyone is belief in weakness, belief in enemies is therefore the belief in weakness.

The body cannot heal, because it cannot make itself sick. It needs no healing. Its health or sickness depends entirely on how the mind perceives it. Seeing past the body allows healing because you came without it, and corrected the thought of sickness in the one mind shared by all.

A thing or a person or an event is not changed because of our consciousness, but inherent in each are all qualities, and we sift out only those that already occupy our awareness.

Conscious State	Action taken by
Subconscious	Self
Conscious	Ego
Superconscious	Focus directed at self (i.e consciously focusing on subconscious)
Supraconscious	Choose a state of being ahead of time (i.e. future state). All thoughts, words and actions are specifically selected.

As long as man is absorbed in the ego, he is absorbed in the thought and remains the thought, is bound by the idea that actuated him in the first place, but when he lays aside his absorption in the ego, then his entrancement has begun to shatter, and he is beginning to recognize the truth.

Everyone you meet is a projection of yourself at different stages of your evolution. It is a hall of mirrors subjected to a perceptual time lag.

Do not perceive errors in anyone. Assuming anyone or anything needs correction (i.e. God needs correction) is arrogant.

To see past the ego cloud and observe the truth in everyone:

- Ignore and dismiss all negative thoughts they have about themselves and truly see only perfection (that is what is actually there despite what your distorted filters may convey).
- Ignore and dismiss all negative thoughts you have about them and re-cognize that truth there.

The one mind will rid itself of both egos.

Guiltless: All communication is either with the truth or with a trapped ego composed of accumulated reactions that are appropriate given its model of the world (i.e. another you trying to find his / her way). In other words, all communication should be from a place of love and support.

Trying to control any aspect of the future (which uses past memories) indicates that you are concerned about the outcome being anything from perfect, therefore trying to manage it. In other words, it indicates you lack faith.

All fear is derived from hiddenness. Lack of understanding of the unknown future can be easily illuminated upon examination dispelling any perceived fears.

Quietness over judgment, the state of being assumed in the latter is not of you.

You are a magnet, attracting different experiences depending on what you think, which is derived from how you feel.

There are no such things as mistakes, only lessons. We can't make mistakes and all are therefore guiltless. If anger, pain or illness are present then always expand / love that part of your weakened mind (either in your illusory body or that of another).

When two bodies meet as a result of like energy pull, everything (all scenarios) are possible in their interaction. Each of their senses only perceive the tiny sliver of information that passes through the slit of their predetermined filters; not unlike the game Light and Shadows in which only some light passes through. Expanded perception will widen this slit to allow for increased awareness of additional scenarios available for selection.

Stop choosing to have your feelings 'hurt' from mere words or even actions; this only you have the power to do.

Humans attacking each other and their habitat is identical to disillusioned white blood cells attacking their own body; their perception lacks the awareness that they are attacking themselves.

Drop the past not only for yourself but everyone else (which drops it as a witness for the one mind and self). This releases them from misperception, removes all judgment and allows you to see them as they truly are in the present. Dropping the past breaks its tie to the future and dismantles the illusion of continuity. This stops basing the future on past experience, removing alignment of past and future which allows for observation of the present.

There is no past when it is not actively thought about as there is no one else in the room, hence no witness to its reality. Guilt only exists if the only person chooses to keep reliving the past.

Under direction (or misdirection) of the mind, the body can be used by either the ego or the self. Observing the body separately relinquishes action to the creative self.

All anger is nothing more than an attempt to make someone feel guilty.

Guilt is a way of holding the past and future in your mind to ensure the ego's continuity. Its emphasis on guilt enables it to ensure its continuity by making the future like the past, and thus avoiding the present. You may have regret but never feel or cause another to feel guilt.

Healing is simply focused thought on the original state of perfection (ignore illusions the body has convinced in that section of the mind). By changing your mind about that section for him / her, you will undo the change the ego thinks it made.

What you perceive in others you strengthen in yourself. Always accept and appreciate (expand).

Body is solely a tool for joining minds, a means of communication for the non-physical components. At no single instant does the body exist at all. It is always remembered or anticipated, but never experienced just now. Only its past and future make it seem real, time controls it entirely.

The best gift you can give anyone (giving being the same as having due to expansion) is a joyful experience.

Only perception can be sick because only perception can be wrong.

Playing an avatar is replacing attachment with joy for different levels. Avatar has the option to be emotional when needed. Returned control of the avatar away from the ego (which is another word for autopilot).

The acceptance of sickness is a decision of the mind. Sickness needs a witness, refuse to be that witness for yourself (body tricking the mind) or for others (from the two present, only one perceives sickness while the other refuses).

Maintain eye contact when communicating to focus only on the present and discard all perceptions. Do this for a while and observe what happens… This will both heal and bring forth our pure self into the conversation by discarding the distorted filters of all parties.

Whatever you possess (love, wealth, joy, wisdom) you may extend it which in turn will create an experience of abundance, hoarding it will create an experience of scarcity.

If you are eternal (which you are), the past and the future mean nothing as what you are right now reflects the accumulation of all past decisions and what you do next will dictate all future outcomes. We operate in sequence not time; if we stop, and I mean in the absolute sense in terms of heartbeat and thought, so does our future. Remember, time is a perception and the mind is able to slow or extend its perception of time at will once trained.

Have infinite patience, act and know that you are separate from nothing.

All illusions are tempting to misperceive, anything negative stems from lack of love (and increased fear). Fear is simply false evidence appearing real. All sickness is a symptom of a fear-weakened state.

Horizontal timeline is applied to common physical reality, vertical timeline applied to individual realities. In truth, following a horizontal timeline is illusionary and only applied if truly believed. Unconscious individual realities whose mind is focused on past / future obey group consciousness under the illusory horizontal timeline. Highly conscious beings may exercise vertical timelines (changing entire mosaic at every moment) with focus on beingness (on perceiving which is the stage before perception by senses).

You are not your body, you can observe feelings without creating a thought about them. You are not your mind, you can observe thoughts and choose which to entertain and which to dismiss.

Desire to avoid the pain has created the illusion of need. Pain does not mean suffering, do not avoid but rather observe and study.

Every moment used as an opportunity to define yourself, these are not challenges but an illusory tool to expand the self.

Guiltless and fearless mind impossible to hurt or be hurt. This state heals the body.

Judge not, you are judging the truth. It's all perfect. No right or wrong, only different perfect paths for each.

One must ask oneself, how is it possible that I can make myself laugh? This is only possible with the existence of two selves, one real (self) and one illusory (ego / autopilot) as there cannot be any time lag between the statement and laughter (or getting the joke) otherwise.

Never worry about anything, worrying is the product of a mind that does not know its relationship with God. Be grateful for these opportunities. Any struggle can be overcome with gratitude (signals you know it is perfect for you).

Opposition is important for growth; should be welcomed with gratitude.

The value of anything lies in its joint appreciation with others. Nothing can be appreciated individually when all belong to one.

We are not the body but the consciousness that uses it as a tool to evolve. This consciousness is made of pure energy that can't be created or destroyed but rather only changes form (reason being there is no escape as it is all part of the one body). Self knows all, we are evolving the mind.

Create virtual experiences in mind (like teaching) to convert knowledge to wisdom.

Each moment an entire new 'timeline' is created. Only link to the past is memory.

If vibrational frequency (emotions) is unbalanced, focus needs to be on the receiver (self) and not the transmission (energy).

Our focus is on the illusionary reality, meditation shifts focus to true reality.

Clarity and not knowledge is what should be sought. Clarity reveals wisdom, wisdom is knowledge applied.

Nobody is truly well off if they are well off while others are dying.

Everything and anyone 'bad' is a guardrail, love those guardrails for showing you the way. Try to heal from understanding.

Giving someone back to themselves means returning their mind back to themselves.

Replace pleas of supplication with gratitude. This retains focus on self (gratitude for what you have) and removes focus on others (thinking of what you want). All paths lead to the mountaintop, it is a great timesaver to stay on your path and avoid criticizing the other paths beside you; go straight and not sideways.

Inner thoughts repel or attract outer physical reality similar to magnets. Nothing turns into matter unless thought about.

Every heartbeat is an entirely new self that you have chosen (with its past and future).

Every scenario is already available. There is no time, you are just choosing experiences to have for your consciousness.

The entire timeline shifts for individuals according to constantly evolving beliefs (or truths).

Let us assume you are eternal (and you are) and you want to have the experience of something (e.g. kindness, patience and goodness). This cannot be done unless you experience something it is not (e.g. unkindness, impatience and not-so-good people / circumstances) in order to achieve your objective. These ‘problems’ are therefore all gifts for you to accomplish your objectives. Everything will be fine, love these opportunities and be grateful to have them.

We are a thought of God as the body is a thought of ours. God is the collective energy in which everything has been created within (inside the body of God). The phrases ‘there is nothing but God’ and ‘God is everything’ are quite literal.

Perception precedes reception. What you perceive precedes what your senses receive. This is used as a filter by the mind to analyze sensory data. Manage this filter by controlling emotions, thereby controlling your reality. Happiness is not created as a result of certain conditions, certain conditions are created as a result of happiness.

Everything is experienced through vibrations. Some reflection will convey that all basic senses are detected in the form of vibrations:

- Sight (light)
- Hearing (sound)
- Touch and taste (everything physical even below the subatomic level is vibrating)
- Smell (molecular vibrations determine scent)

Superconsciousness detects vibrations before their conversion into data by the body's senses followed by thought creation by the mind. In other words, it puts you one step ahead of the perceived 'present', which is delayed by the body. You become the observer.

Process of evolution in one paragraph. Split into three parts at birth: the mind, body and self. Mind is gets filled with thoughts on how everything works from its surroundings. Mind directs the body on autopilot while the self attempts to re-mind by re-membering is it a body of God. Mind rids itself of illusory ego / autopilot self outside by clearing the distorting thoughts of others, allowing it to clearly perceive undistorted true reality. Mind, self and body operate as one true self without distorted filters (i.e. who you really are).

From the perspective of fish, the water they breathe is that which separates them. Should we put electricity in the water, we will observe all the fish get electrocuted due to our grander perspective which reveals the water is that which connects them. From the perspective of humans, the air we breathe is that which separates us. From a slightly less limited perspective, it is that which connects us. From the grandest perspective, we are not only connected but we are all one.

Independent observer: An event (let's say a building collapsing) observed by an individual at point A, is true for his reality. However this event simply did not happen to another individual at point B across the world, that building never collapsed in his past and therefore never exists unless recognized by him. Should the only individual at point A that witnessed the event be taken out of the equation, then that event simply did not happen as it was not observed; unless there is a separate third entity recognizing all events in the common reality. This recognition is occurring at higher perception / awareness levels. Thereby:

The past and the future are imaginations derived from present moment thinking.

الماضي والمستقبل نتائج الحاضر

Illusory body: At the sub-atomic level, it cannot be argued that everything that we consider physical is mostly ‘space’ and very little actual matter. Latest scientific equipment observes that we are 99% ‘space’, later equipment will discover the true insignificance of actual matter. This alone demonstrates that what your body's eyes see is not actually so. We look at everything as here and there, but what about the space between? To those that can’t observe the space between, they are missing most of the picture. This is not dissimilar to the focus on the past and future while not paying attention to the space in between them, the present, which is also most of the picture.

Individuation (i.e. human beings): A section of the mind (if physical visualization is needed, imagine a section in space) encloses itself within a cloud of manufactured fear unable to observe the surrounding light it is a part of. Thinks itself separate, through the cloud it has created and continues to create as it can't see past the clouds.

How all of us are one actually works: There is only one process going on that stems from pure being (the perfect script). One being going through one process which is not described as good or bad, it simply is. All thought is created by this grander being and is interpreted differently by its individuations depending on their level of evolution. This thought is then distorted and further emitted by the individuations themselves. Our primary job is therefore that of discernment between original or follow up emissions. The number of filters any individual uses to interpret the process (and their reality) is positively correlated to the level of unconscious activity. Unconscious activity slows progress in evolution). As beings evolve, they gradually drop these filters to interpret reality as it truly is and begin to remember (or re-member with) this grander being. When all filters are dropped then thought, word and deed become one with the grander being, individuations will then begin reflecting the true nature of God's undistorted script. In other words, heaven. This is self realization, when you realize all thought (for everyone) is coming from the same source (the self) which has been distorted by the filters of each individuated mind. There is only one thought in the room interpreted in different ways. The self and everything else is one.

Imagine two cells in a fingertip that evolve, develop self awareness and speak in language. These cells believe the fingertip is all there is, this is all they can observe. Messages being delivered from outside of these cells will likely result in fear (basis of all resulting institutions) and certainly be misinterpreted due to the limited perception of the cells. A more effective way for the larger body to communicate to the cells would be with feelings. The same could be said about us. Listen to your feelings always.

Infinity and how it relates to god: Alternative to traditional thinking in numbers, conceptualization is more effective using shapes. We note that infinity goes both ways as division is also a never-ending process depending on the underlying substance being divided (cut the smallest molecule in half, what do you have? Then cut those in two more halves and so on..). Now imagine a circle that continually divides itself with the divisions further dividing themselves in the above mentioned never-ending process. Growth in consciousness of these divisions will cause them (along with the whole) to expand until the point they too are further

divided into more pieces so on and so forth. The energy of this expansion can be closest defined as love as it is boundless, limitless, without degrees (either present or not) and continuously expands (population growth attributed to these energy vibrations). This is the energy in which all of life is created. The energy of contraction can be closest described as fear as it avoids, contracts, recedes and sets boundaries (population separation attributed to same energy vibrations). Infinity is quite literally powered by the energy of love. Now replace the imagined circle with something infinitely dimensional, boundless, shapeless, expanding outwards by going inwards from every direction; that will be a closer resemblance to the truth. The outer expands as a result of never-ending division and expansion within. This is what is meant by the infinity symbol ∞, the first loop represents the continuous expansion within using the second loop representing the experiences obtained from without (i.e. the outside world) in a never-ending eternal cycle of growth. Humans are among the individuations described here. We are quite literally looking back (or outwards) at the magnificence of the whole. Everything is God, there is nothing but God. First there was anti-matter from which matter was created, the former never stops expanding and creating.

The laws of the universe are quite straightforward. Energy particles coalesce around like energy causing humans and events to gravitate towards like energy. The energy (of either love or fear) behind thoughts retained is the source of attraction; this applies to everything, therefore rid yourself of all negativity held within as it is directly impacting your experience without (i.e. physical world).

Signature Triunes		
Past	Present	Future
Subconscious	Conscious	Superconscious (+Supra)
Self	Body	Mind
There	Here	Space Between
Worse (Ego - Guilt)	Better (Ego - Superiority)	Equal (No Separation / Unity)

The Summary

The human is a three-dimensional being of body (physical / vehicle), mind (non-physical / navigation) and self (meta-physical / energy and knowledge). The only two things we control at the ‘being’ level are:

- Point of focus which in turn dictates our emotions

Focusing on Self vibrations (or inner body, this can be felt throughout the body particularly at the heart and fontanelle areas) will regulate emotions; everything else will take care of itself.

Emotions are what we (individuations) bring to the table, it is the value we provide to the process of converting absolute knowledge from ultimate reality to experience in physical reality.

We do not control most of our actions or even words until our consciousness is elevated, this is mostly done by the subconscious until expansion, at which point most actions will then be done with conscious purpose (you will literally feel every breath you **purposely** take). The conscious mind should be aligned with the subconscious to convert the reactive process into one of creation. This is done through focus. Emotions will then dictate which set of actions Life's script will take. Life, not you. Everyone is truly guiltless, they need only switch their point of focus to recognize no one has ever truly done anything wrong except being emotional with respect to external circumstances.

Everything everyone did (the 'good or the 'bad') has been helpful to someone else's evolution. Otherwise it would not have happened, there is only one will playing out its function. Again, everyone is truly guiltless.

The future is individually manifested by each being through a self-created projection that the being's consciousness moves through. There is no time, the being projects what it expects to see and physically moves through the projection it created; the length in sequence of events is what we refer to as time. Movement stops with the heart (the physical tool that projects the vibrations / imaginations of your consciousness) either momentarily through meditation, near death experience or sometimes in sleep when heartbeat drops significantly. Moments of clarity may be experienced during these periods in which a grander perspective can be seen. If:

- Focus is on the past self / actions (majority of beings are currently in this state): Movement will be through the same old self with limited changes / expansion of consciousness.
- Focus is on everything and everyone: This will anchor focus in the present. Everything will be observed exactly how you expect it; you see what you believe.
- Focus is on the inner self: Focus anchored in the present and expansion of consciousness is accelerated.

To control your reality, only bear witness (only the mind is under your control so point of focus is 'bearing witness') to what you choose to experience (e.g. everyone is only kind to me, I refuse to bear witness to unkindness). Do not focus on any thought (which will be appreciated in terms of energy) you do not want to experience; simply dismiss all related thoughts continuously.

Observe the movement of stars using your peripheral vision for a few moments and you will be observing your creator breathing, here in the physical. Notice the motion. We are quite literally part of the body of God (in all realities).

We are different aspects of the same being, expressed in alternate ways. <u>We are all one.</u>